This barbell class from LES MILLS™ strengthens your entire body. Each class provides a balance of endurance and functional strength training using the best weight room exercises such as squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast!

The Yoga, Tai Chi, Pilates workout from LES MILLS™ that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, concentration and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

This 30 minute class features three unique team training programs (strength, plyo and cardio) that will push you to your max, and beyond. Get results fast with explosive music, intense routines and highly charged coaches.

A sport-inspired cardio workout for building strength and stamina. This high-energy interval training class combines aerobic movements with strength and stabilization exercises.

40 minutes of BODYPUMP for strength and endurance followed by 30 minutes of sports-inspired BODYTACTIC to increase stamina.

This dynamic fitness program fuses hypnotic Latin and international rhythms and easy-to-follow moves. The goal is simple: work out, love working out, and get hooked. You will achieve long-term benefits while experiencing an absolute blast in one exhilarating workout of calorie-burning, body-energizing, awe-inspiring moves.

Train your body, mind and spirit with this powerfully invigorating practice. Intensifit combines empowering affirmations with interval training, martial arts, dance and yoga. You will leave class feeling stronger, uplifted and inspired.

The Spinning® program is the global leader in indoor cycling training. Uniquely tailored to suit a wide range of abilities and fitness goals, the Spinning® program delivers a personalized workout, incredible calorie burn and personal challenge - all at a self-directed pace. A great low impact cardiovascular workout for all fitness levels. You control your own tension. It is addictive!

A 35 minute answer if you’re short on time or new to exercising. A great option to get your cardiovascular training in an efficient way.

This TABATA-style interval class is built on a foundation of the willPower Method® and fueled with high-end anaerobic drills to turbofire your metabolism. Structured for students of all levels, based in Foot Fitness, infused with positive philosophy, and designed to make the body more efficient.

Rutgers Fast Intense Training is the challenging workout you have been looking for. Workouts vary weekly and modifications will be provided. The workouts are designed by the Rutgers fitness professional staff.

A full-body strength workout that utilizes a person’s own body weight instead of relying on machines or dumbbells. RU FF TRX offers a total-body workout, centered on your core and relying on your body weight.

A yoga class that focuses on strengthening the core muscles with an emphasis on the abdominals to help support the back. Blocks are used for several poses to create awareness of using muscular energy into the body. Benefits of this class include improved balance, stability and strength with freedom.

Achieve mind/body balance using breath, movement and mindfulness. Energizing asanas (physical postures) are sequenced with a strong focus on alignment to build muscle strength, endurance and flexibility. Classes will end with savasana, a personal time for deep relaxation.

Enjoy a creative form of yoga in which each movement is synchronized with a breath. Flowing from pose to pose creates warmth and allows the body to move deeper into postures. Students will learn the sun salutation in addition to balance and inversion poses.

Enjoy an easy yoga-flow style class and experience the power of Prana or “Universal Life Force Energy”. During final relaxation, you will have the option to receive a few minutes of individual Reiki, a form of energy healing that is deeply relaxing and promotes the healing of the mind, body, and spirit.

Enjoy these benefits from your classes!

- Strength
- Flexibility
- Cardio
- Mind/Body

Questions? Call 848-445-0462 or email recreation@rutgers.edu